



PSG Institute of Technology and Applied Research

Neelambur, Coimbatore - 641 062

REPORT

Nature of the event	Workshop
Title	Happiness, Habits, and Success
Organizing Body	PSG Tech and PSG iTech
Duration and Dates	01 Day – 31.01.2025
Venue	E2 – Peer Learning Hall – CSE Block – PSG iTech
Resource Person	Prof. M.S. Sivakumar (IIT Madras)
Coordinators	Dr K Suresh Kumar (PSG STEP), Dr D Thangaraju (ASP, PSG iTech), Dr G Swaminathan (AP, PSG iTech)

A workshop titled "Happiness, Habits, & Success" was conducted on January 31, 2025, at PSG Institute of Technology and Applied Research. The session was led by Prof. M.S. Sivakumar, Head of the Department of Applied Mechanics and Biomedical Engineering, IIT Madras. The event highlighted the importance of mental health, stress management, and personal growth in academic and professional life. Prof. Sivakumar shared his experiences and strategies for developing habits that contribute to long-term success and well-being. His engaging talk was well received, with active participation from attendees who gained a deeper understanding of achieving balance between professional aspirations and personal fulfilment. The lecture was a concluded with an interactive Q&A session where faculties had the opportunity to discuss their concerns and seek guidance from Prof. Sivakumar. The event served as an enlightening experience for everyone present, reinforcing the institute's commitment to holistic education and student well-being.



Photographs taken in the event